

# This Time

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Joey Warren (USA)  
音樂: This Time - JoJo



## ¼ HITCH-COASTER, HITCH-STEP, OUT/OUT & CROSS, ½ TURN

- 1-2      Hitch left knee up while doing ¼ turn left, step back on left foot  
&3      Step right back beside of left, step left foot forward  
&4      Hitch right knee up, step down and forward on right foot  
5-6      Step/rock left foot out to left side, step/rock right foot out to right side  
&7      Step left in towards right, cross right over  
&8      Step left forward starting ½ turn to left, touch right toe to right completing the ½ turn

**The 1st hitch isn't a sharp hitch; kind of roll it up and around while doing the turn**

## ¼ TURN-STEPS WITH BODY ROLLS, TOUCH TWICE, ½ TURN-TOUCH, STEP-¼ TURN TOUCH

- 1&2      ¼ turn right stepping right forward, step left behind right, step right forward  
&3      Step left behind right, step right foot forward  
&4      Step left behind right, touch right toe forward  
&5      Step right beside of left, touch left toe back  
&6      ½ turn left stepping down on that left foot, touch right toe beside left foot  
7&8      Take big step back on right foot, ¼ turn left stepping left to left side, touch right toe right side

**When you step forward on 1, start your body roll by pushing your chest up and forward. On &, roll it down to your stomach. On 2, weight should be on the left and you should finish your body roll. Do the same for the next steps**

## ROCK OUT WITH BODY ROLL TWICE, & STEP, WALKS X 4 WITH ½ TURN

- 1-2      Step/rock out to right, recover back on left  
3&4      Step right out to right side, step left beside right, step right out to right side  
5-8      ¼ turn left stepping left forward, ¼ turn left stepping right to side, walk forward left, right

**Optional: as you do 1-4 do a body roll to the left**

## ROCK & CROSS TWICE, ROCK AND TOUCH, ½ TURN HITCH, STEP-TOUCH, RIGHT STEP OUT

- 1&2      Rock left out to left side, recover back on right, cross left over right  
3&4      Rock right out to right side, recover back on left, cross right over left  
5&6      Rock forward on left, recover back on right, touch left toe back  
&7      ½ turn left hitching left knee up, step forward on that left foot  
8&      Touch right toe forward, step right out to right side

**REPEAT**